Dear Parent:

Our class is participating in Too Good for Drugs, a prevention program designed by the Mendez Foundation to teach skills for living healthy, drug-free lives. We are excited about this opportunity to teach goal setting, decision making, communication, peer pressure refusal and wellness skills.

Children are twice as likely to learn, remember and use skills when their parents are involved. We invite you to be a part of this prevention program.

Today we learned that one way to have a great day is to help someone. Studies suggest that children who have opportunities to help or contribute in meaningful ways are less likely to become involved with tobacco, alcohol and other drugs. They are also more likely to lead successful, satisfying lives.

Please help to teach your child this important skill. Invite your child to look at the pictures on the chart below and say how each picture shows helping others. Ask your child to set a goal to help others at home by circling one of the pictured tasks. Post the chart on your refrigerator. Show your child how to check each day as s/he completes the task. When the chart is complete, invite your child to color in the starburst “I did it!” Sign the chart and have your child return it to school.

Thank you for helping to teach your child that we are all “Too Good for Drugs.”

Sincerely,

[Table]

My goal is to help others at home:

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
</table>

__________________________
Child’s Name

__________________________
Parent’s Signature

mendezfoundation.org 800.750.0986
We are learning about our wonderful bodies and how to take good care of them so they will last a lifetime. Please help your child by doing the following activity.

Directions: (1) Use a crayon to circle three healthy things you do for your body every day—or almost every day. (2) Invite your child to circle three healthy things s/he does using a different color crayon. (3) Discuss with your child other ways to keep our bodies healthy.
Directions: Read each situation on the fish aloud, one at a time. Ask your child how s/he would feel if the situation happened to him or her. This will help your child learn to express difficult feelings with words, rather than acting them out in unacceptable ways.

1. You want to go to the zoo, but it starts to rain. How do you feel?
2. Every time you try to skate, you fall down. How do you feel?
3. Your friend broke your favorite toy. How do you feel?

1. You want to go outside to play, but it is getting dark. How do you feel?
2. You wanted a hamburger for lunch, but the school is serving pizza. How do you feel?
3. Your friend is moving. How do you feel?
Lesson 6

You left your lunch box at home. How do you feel?

You neighbor invites you to go to the circus. How do you feel?

You want to buy some gum, but you have lost your money. How do you feel?
A loud noise wakes you up at night. How do you feel?

You are walking home when a stranger stops her car to talk to you. How do you feel?

You have been waiting all week to go on a picnic, but it rains. How do you feel?
You are talking to your friend, but your friend is not listening. How do you feel?

You go to a new school where you don’t know anyone. How do you feel?

Your teacher says you can do better work. How do you feel?
You are building a house with blocks. Someone knocks it down. How do you feel?

You want to look at a book, but your friend has it. How do you feel?

You want to watch a TV show, but your baby-sitter says it is too violent. How do you feel?
Your parakeet dies. How do you feel?

You spill grape juice on your friend’s new jacket. How do you feel?

Your family is on the way to the zoo, and dad says you are almost there. How do you feel?
Your teacher puts a gold star on your paper. How do you feel?

Your best friend moves away. How do you feel?

A boy in your class cannot hear very well. He wears a hearing aid and sometimes talks funny. Some kids are making fun of him. How do you feel?
Lesson 6

Your grandfather is very sick. How do you feel?

It is almost time for your birthday party. How do you feel?

You forgot a promise you made to a friend. How do you feel?
You found a five dollar bill on the sidewalk. How do you feel?

Your teacher picked you to be the star in the class play. How do you feel?

Your favorite aunt sends you a gift. It isn’t even your birthday. How do you feel?
Read each sentence aloud. Have your child circle all correct answers.

1. I can find a friend ...
   - at school
   - at the park
   - in the neighborhood

2. Friends can be ...
   - classmates
   - neighbors
   - teachers
   - coaches

3. Friends like to ...
   - laugh
   - help
   - share
   - take turns

Parent’s friend

Child’s friend
We are learning to make good decisions. Read the words: stop and think. Invite your child to trace the words. Then read the situations below. With your child, help Tuggles make a good decision.

1. Tuggles was playing ball. His ball rolled into the street. Stop and think. Should Tuggles chase the ball into the street?

2. Tuggles was walking to school. A man he did not know said, “Would you like a ride?” Stop and think. Should Tuggles ride with the man?
We are learning what to say to our friends when they want us to do something unsafe or unhealthy. Please discuss with your child times when it is important to say no to a friend. Then read the directions below and help your child to uncover the hidden message.

Puzzle Directions: Color all the 1s yellow and all the 2s green.